



## Outdoor

### Adult Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes

extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once! \*No class 11/23-27

15 to Adult	7-8 pm:	
Beginner	Sept 8-Oct 6, Tue, 7-8pm	417344.B1
	Oct 27-Dec 1*, Tue, 7-8pm	417344.B2
Intermediate/Advanced		
	Sept 10-Oct 8, Thurs, 7-8pm	417344.A1
	Oct 29-Dec 3*, Thurs, 7-8pm	417344.A2

Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$65 resident/\$81.75 non-resident

### Hunter Safety

Get your Hunter Registration card by taking this class. This class provides students with a solid foundation in shooting sports and emphasizes safety, ethics and care of wildlife. Non-hunters welcome. Contact instructor, Michael, to register: 303-747-2827 or mehdch@aol.com

All ages: Sept 19-20, Sat 8am-5pm; Sun 9am-3pm  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$10

### Tree Climbing: Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing experiences using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Important info: Wear long pants, sturdy shoes, and bring gloves if you've got 'em!

7 & up:	Aug 29, Sat, 12:30-3pm	426021.1
	Oct 11, Sun, 12:30-3pm	426021.2
	Nov 8, Sun, 12:30-3pm	426021.3

Instructor: Harv Teitelbaum  
Location: Thompson Park, 4th & Bross St.  
Fee: \$35 resident/\$43.75 non-resident

### Intro Horse n Riding

Basic Safety Issues, horse personalities, horse care, and riding will all be discussed in this class. Each participant will have 60 minutes of riding time in a Group Lesson. Overcome any potential fear or anxiety with these gentle animals.

15 & up:	Aug 22, Sat, 4-6:30pm	347901.A
Location:	Sun Pony Ranch, 18490 County Rd 1	
Fee:	\$60 resident/\$72 non-resident	

### **New!** Adult Climbing Clinics

These clinics cover climbing safety with a partner (clinics have a minimum of 2 participants).

**Top-Rope Belay Clinic:** Belay techniques, gear use, commands, and safety.  
**Lead Belay Clinic:** Lead climbing and belay techniques, gear use, commands, and safety.

**Intro to Outdoor Climbing Clinic:** Prepares you to climb outside (with an experienced climber or guide). Covers differences in indoor and outdoor climbing and safety preparedness skills.

15 to Adult Clinics:

<b>Top-Rope</b>	Sept 11-Sep 18, Fri 6-8pm	317348.T1
<b>Lead Belay</b>	Sept 25-Oct 2, Fri 6-8pm	317348.L1
<b>Top-Rope</b>	Oct 16-Oct 23, Fri 6-8pm	317348.T2
<b>Outdoor</b>	Oct 30-Nov 6, Fri 6-8pm	317348.D1
<b>Top-Rope</b>	Nov 13-Nov 20, Fri 6-8pm	317348.T3

Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$40 resident/\$50 non-resident

### Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? These individual or small group 1-hour training sessions are personalized to you and cover climbing safety, beginner through advanced techniques, as well as personal climbing analysis and training. For information or to schedule, email Rebecca: lynch-rebecca@hotmail.com

All Ages: By Appointment – 1 hour sessions  
Location: Longmont Recreation Center, 310 Quail Rd  
One Participant Fee:

1 Session:	\$30 resident/\$39 non-resident
5 Sessions:	\$125 resident/\$156 non-resident

Two Participants Fee:

1 Session:	\$40 resident/\$50 non-resident
5 Sessions:	\$175 resident/\$219 non-resident

### Volunteer with Parks, Open Space & Trails!

Do you enjoy the many wonderful parks and natural areas that Longmont has to offer? Why not help the City keep them beautiful, safe, and healthy while meeting new people and learning new skills? Volunteer this season with the City of Longmont's Parks, Open Space & Trails. Check out ongoing programs and single day events on our website at [www.bit.ly/volunteerpost](http://www.bit.ly/volunteerpost) or call 303-651-8446.



## Drumming for Health and Therapy

If you can talk--you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.



Instructor: Gregg Hansen  
Location: Izaak Walton Clubhouse, 18 S Sunset

### Beginning Drumming

Simple rhythms will be presented slowly and patiently.

\*No class 11/24

16 & up:	Tuesday, 6:30-7:30pm	
Sept 1-22	\$36 res/\$45 non-res	447330.1
Oct 6-27	\$36 res/\$45 non-res	447330.2
Nov 3-Dec 1*	\$36 res/\$45 non-res	447330.3

### Continuing Drumming

Now that you've learned the basics, it's time to go deeper.

Pre-requisite: Beginning Drumming.

\*No class 9/7 or 11/23-26.

16 & up:	Beginner -Thursday, 1:30-2:45pm	
Sept 3-24	\$36 res/\$45 non-res	447331.1A
Oct 8-29	\$36 res/\$45 non-res	447331.2A
Nov 5-Dec 3*	\$36 res/\$45 non-res	447331.3A
16 & up:	Beginner - Thursday, 7-8:15pm	
Sept 3-24	\$36 res/\$45 non-res	447331.1B
Oct 8-29	\$36 res/\$45 non-res	447331.2B
Nov 5-Dec 3*	\$36 res/\$45 non-res	447331.3B
16 & up:	Intermediate 1 - Monday, 7:15-8:30pm	
Aug 31-Sept 28*	\$36 res/\$45 non-res	447333.1A
Oct 5-26	\$36 res/\$45 non-res	447333.2A
Nov 2-30*	\$36 res/\$45 non-res	447333.3A
16 & up:	Intermediate 1 - Thursday, 12-1:15pm	
Sept 3-24	\$36 res/\$45 non-res	447333.1B
Oct 8-29	\$36 res/\$45 non-res	447333.2B
Nov 5-Dec 3*	\$36 res/\$45 non-res	447333.3B
16 & up:	Intermediate 2 - Tuesday, 11:30am-12:45pm	
Sept 1-22	\$36 res/\$45 non-res	447334.1A
Oct 6-27	\$36 res/\$45 non-res	447334.2A
Nov 3-Dec 1*	\$36 res/\$45 non-res	447334.3A
16 & up:	Intermediate 2 - Wednesday, 7:45-9pm	
Sept 2-23	\$36 res/\$45 non-res	447334.1B
Oct 7-28	\$36 res/\$45 non-res	447334.2B
Nov 4-Dec 2*	\$36 res/\$45 non-res	447334.3B

### Advanced Drumming

Must get permission from Gregg Hansen at communitydrum@earthlink.net. \*No class 11/24

16 & up:	Tuesday, 7:45-9pm	
Sept 1-22	\$36 res/\$45 non-res	447335.1
Oct 6-27	\$36 res/\$45 non-res	447335.2
Nov 3-Dec 1*	\$36 res/\$45 non-res	447335.3

### Beginning Guitar

This course is geared toward the beginning student and starts with the basics. Learn how to tune the guitar, play basic chords and accompaniment patterns in a fun group setting. Students are to furnish their own acoustic guitar. \$10 materials fee payable to instructor at first class.



18 & up: Sept 24-Oct 29, Thur, 7:30-8:30pm 447310.A  
Instructor: Mike Tolle  
Location: Creation Station, 519 4th Ave  
Fee: \$48 resident/\$60 non-resident

## Health & Beauty

### Herbal Infused Oils & Vinegars

Learn to take all those end of season flowers and herbs from your garden and turn them into wonderful, healing infused oils and vinegars for use in skincare and in food. Informational handouts and recipes are included in the registration free. Each participant leaves with a small bottle of infused herbal oil and vinegar. \$5 materials fee covers sample supplies.

18 & up: Aug 26, Wed, 6-9pm 447132.A  
Instructor: Jane Anderson, CCH  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$30 resident/\$37.5 non-resident +\$5 materials fee

### Essential Oils 101

What's the buzz about essential oils? Are you wondering how you can use them in your life? Join us in an information-packed, fun-filled class to learn all about using essential oils for everything from illness to chemical free home cleaning products.

18 & up: Sept 3, Thurs, 7-8pm 447140.09  
Oct 8, Thurs, 7-8pm 447140.10  
Nov 12, Thurs, 7-8pm 447140.11  
Dec 3, Thurs, 7-8pm 447140.12  
Instructor: Jessica Birmingham  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$10 resident/\$12.50 non-resident

### We are looking for instructors!

Do you have knowledge of a particular subject, skills you would like to share with others, or perhaps a hobby that you would love to talk about? Whatever it might be, we're always in search of new class topics and would love to hear about your class idea. Please call Elizabeth H (303) 651-8394 to find out more about teaching a class or classes for Longmont Recreation Services!



## In the Kitchen

### Zoom Balls!

Zoom balls are a super healthy, energizing, delicious snack that are perfect to take to work, add to your kids lunches or as a post-exercise treat. Made without gluten/grains/eggs/soy or dairy. \$10 materials fee paid to the instructor; covers in-class samples, take home treats and recipe handouts.

18 & up: Sept 15, Tues, 7-8pm 447131.A  
Instructor: Jane Anderson, CCH  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$20 resident/\$25 non-resident +\$10 materials fee

### Once a Month Cooking

Walk through the process of menu planning, and preparing all your meals for the month at one time.

14 & up: Oct 12, Mon, 6-7:30pm 447455.10  
Instructor: Robin Wyrick  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$18 resident/\$22.50 non-resident

### Bread Baking

Bread baking demonstration. Start with wheat seeds, grind flour and finish making cinnamon rolls, Italian focaccia, and sandwich bread. Every participant gets to taste the finished product. Receive nutritional info about eating with whole grains.

14 & up: Oct 19, Mon, 6-8pm 447451.10  
Instructor: Robin Wyrick  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$20 resident/\$25 non-resident

### Canning Basics

This informative class walks participants through the process of canning their own food, including meats, veggies, fruits, and broths.

14 & up: Nov 9, Mon, 6-8pm 447450.11  
Instructor: Robin Wyrick  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$18 resident/\$22.50 non-resident

### Thai Cooking Basics

Finally, learn how to cook the Thai dishes you love, right at home! The Thai-born instructor shows you how to easily make delicious, healthy Thai food using ingredients commonly and easily found nearby. No experience required—if you love Thai food, this class is for you!

18 & up: Fri, 6-8pm  
Pad Thai Noodles Sept 18 447462.A  
Tom Kha Soup Oct 2 447462.B  
Green Curry Oct 16 447462.C  
Fresh Rolls with Peanut Sauce Oct 23 447462.D  
Thai Pineapple Fried Rice Nov 6 447462.E  
Instructor: Veraya Conners  
Location: Izaak Walton Clubhouse, 18 S Sunset St  
Fee: \$20 resident/\$25 non-resident + \$5 materials fee

## General Enrichment

### Past Life Regression

Do you wonder if you had a past life? This class discusses current beliefs about past lives and accessing them with hypnosis. A past life regression via hypnosis will follow. Free CD or MP3 included with class.

18 & up: Oct 14, Wed, 6:30-8:30pm 447170.10  
Instructor: Karen Peterson  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$40 resident/\$50 non-resident

### Using a Pendulum

Learn to access your subconscious mind with a pendulum. Once you gain proficiency, you can use your pendulum to quickly make decisions that stump your conscious mind while avoiding negative or harmful influences.

18 & up: Sep 30, Wed, 6:30-8pm 447171.09  
Instructor: Karen Peterson  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$30 resident/\$37.50 non-resident

### Spanish 101 Beg I

For those with No Spanish experience. Have fun learning basic vocabulary and expressions while exploring the rich work of Spanish speaking painters and musicians. \$7 dollar materials fee.

15 & up: Sept 4-25, Fri, 9:45-10:45am 447155.09  
Oct 2-23, Fri, 9:45-10:45am 447155.10  
Oct 30-Nov 20, Fri, 9:45-10:45am 447155.11  
Instructor: Ana Guttridge  
Location: St Vrain Mem Bldg, 700 Longs Peak Ave  
Fee: \$35 resident/\$43.75 non-resident

### Spanish 201 Adv Beginner

For those with advance beginner and intermediate Spanish. Have fun building conversational Spanish through the works of Spanish speakers, painters and Spanish related to daily life, activities and situations. \$7 material fee payable to the instructor at the first class.

15 & up: Sept 1-22, Tue, 6:30-7:30pm 447156.09  
Sept 29-Oct 20, Tue, 6:30-7:30pm 447156.10  
Oct 27-Nov 17, Tue, 6:30-7:30pm 447156.11  
Instructor: Ana Guttridge  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$35 resident/\$43.75 non-resident



### Volunteer with Recreation Services

Did you know that many of our youth sports programs, SCOPE programs, and special events are made possible by the efforts of volunteers just like you?

Consider sharing your time and talent with others!  
For more information visit [www.LongmontColorado.gov/donate](http://www.LongmontColorado.gov/donate).

## Art & Creative Pursuits

### Pottery Wheel Throw

Learn how to create pottery on a pottery wheel. You will learn the proper technique of building a pot or vase. A \$40 dollar materials fee will be due the first night of class.

16 & up:	6-8:30pm	446426.09
	Sept 1-Oct 6, Tue	
	Sept 2-Oct, Wed	7446426.9A
	Oct 20-Nov 24, Tue	446426.10
	Oct 21-Nov 25, Wed	446426.0B
Location:	Happy Hands Studio, 2318 W. 17th Ave Unit C	
Fee:	\$180 resident/\$225 non-resident	

### Glass Fusing

Let us help you discover the amazing world of glass fusing. Learn the characteristics of glass and how heat transforms it into something so beautiful. We'll give you a comprehensive look at a variety of tools and materials available and guide you through the planning and design of your piece. Your project will be fired and ready for you in approximately one week. Must purchase project of your choice.

16 & up:	Sept 17, Thurs, 6-8pm	447321.09
	Oct 22, Thurs, 6-8pm	447321.10
	Nov 12, Thurs, 6-8pm	447321.11
Location:	Crackpots Studios, 505 Main St	
Fee:	\$15 resident/\$18.75 non-resident	

### Pastel Painting Workshop

Enjoy creativity with a medium that is fun and easy to use, easy to transport and offers wonderful results. Most of all, the intent is to introduce you to the pleasures of creating art using this friendly medium. Beginners and Intermediate levels welcome. Students must provide materials at the first session—supply list on receipt.

16 & up:	Oct 20-Nov 10, Tue, 10am-12pm	447350.10
Instructor:	Diane Wood	
Location:	Longmont Rec Center, 310 Quail Rd	
Fee:	\$75 resident/\$93.75 non-resident	

### No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and create a glowing painting. Students must have materials at first session. Supply list available at time of registration or on-line.

Instructor:	Dorothy Pecina	
Location:	Carriage House Art, 11938 Oxford Rd	
Fee:	\$48 resident/\$60 non-resident	
18 & up:	Mon, 9-11am	
	Oct 5-26	447301.10
	Nov 2-23	447301.11
	Nov 30-Dec 21	447301.12
18 & up:	Wed, 1-3pm	
	Sept 30-Oct 21	447303.10
	Oct 28-Nov 18	447303.11

## Learn to Draw

Donna is a botanical illustrator for the seed company Botanical Interests. Students must provide own supplies, supply list on receipt. Bring \$5 handout fee to first class

Instructor:	Donna Clement	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$40 resident/\$50 non-resident + \$5 materials fee	

### Botanical Illustration Using Colored Pencil

Colored pencil drawing techniques have changed and become more exciting. Learn these techniques while learning to draw flowers, vegetables, and other plants. Use blending and burnishing to create very realistic botanical illustrations.

18 & up:	Sept 2-23, Wed, 6-8pm	447319.09
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### Continuing Colored Pencil

This is a continuing exploration with colored pencil drawing. Drawing from photos and objects, we will explore the details of drawing iridescence, shiny reflective objects, and translucent objects.

18 & up:	Wed, Oct 7-28, 6-8pm	447316.10
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### Beginning Drawing Made Easy

Anyone can draw- it is just a matter of learning to see like an artist. Through fun drawing exercises, learn about contour, negative space, perspective, and shading in different ways.

18 & up:	Wed, Nov 4-25, 6-8pm	447317.11
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### Studio Time with Donna Clement

If you have ever taken a class from Donna Clement you can take this class. Work on drawing whatever project you wish, using mediums such as colored pencil, graphite, or pen & ink. Donna will be there to guide you throughout. This is not an instructional lecture class, rather a studio session with instructor help & guidance as needed. Bring supplies that you bought for your prior classes with Donna.

18 & up:	Dec 2-23, Wed, 6-8pm	447320.12
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## Learn to Crochet Classes

Instructor: Debby Telfer

Location: Creation Station, 519 4th Ave

### Learn to Crochet

For the absolute beginner, learn to crochet by making a sampler hand bag. Plan to crochet between the 2 classes so you are ready to finish off your purse at the 2nd class. \$25 materials fee payable at 1st class (covers learn to crochet book, yarn, crochet hook and tapestry needle).

12 & up: Sept 8 & 22, Tues, 6:30-8:30pm 447400.09  
 Fee: \$30 resident/\$37.50 non-resident  
 +\$25 materials fee

### Crochet Delicious Dish Cloths

For the advanced beginner who knows how to do basic crochet stitches: chain, single crochet, double crochet, triple crochet, and can read crochet patterns. Crochet three different styles of deliciously designed dish cloths. Learn how to practice more crochet stitches together in creative designs to adorn your own kitchen or as a gift for someone else. \$10 materials fee payable at 1st class (covers yarn, crochet hook and pattern).

12 & up: Oct 20, Tues, 6-9pm 447401.10  
 Fee: \$25 resident/\$31.25 non-resident  
 +\$10 materials fee

### Crochet Hats & Headbands

For the advanced beginner who knows how to do basic crochet stitches: chain, single crochet, double crochet, triple crochet, and can read crochet patterns. You will receive patterns and instructions on how to crochet a hat and two different style headbands including the Colorado flag inspired headband. \$20 materials fee payable at 1st class (covers yarn, crochet hook and pattern).

14 & up: Nov 10 & 17, Tues, 6:30-8:30pm 447408.11  
 Fee: \$30 resident/\$37.50 non-resident  
 +\$20 materials fee

### Crochet Granny Squares

For the advanced beginner who knows how to do basic crochet stitches: chain, single crochet, double crochet, triple crochet, and can read crochet patterns. Learn how to crochet either a granny square scarf or purse. This is a time tested design that appears in many turn-of-the-century afghans and is great for using up scrap yarn. \$15 materials fee payable at 1st class (covers yarn, crochet hook and pattern).

12 & up: Dec 1, Tues, 6-9pm 447409.12  
 Fee: \$25 resident/\$31.25 non-resident +\$15 materials fee

## Classes at the Longmont Yarn Shoppe

Please obtain all materials prior to first class—list available upon registration. Plan to knit between classes!

Location: Longmont Yarn Shoppe, 454 Main St

### Learn to Knit

This course is for absolute beginners. By the end of the two classes you will have a warm and beautiful scarf that you will be proud to wear.

12 & up: Oct 6 & 20, Tues, 6-8pm 447415.A  
 Oct 3 & 17, Sat, 1-3pm 447415.B  
 Fee: \$40 resident/\$50 non-resident

### Beyond Scarves - Knit a Hat!

Ready to branch out from rectangles? Done enough scarves? In this class learn how to knit with circular and double pointed needles and how to follow a pattern to make a warm, soft hat out of Bulky Weight Yarn.

12 & up: Nov 5 & 12, Thur, 6-7:30pm 447422.A  
 Fee: \$30 resident/\$37.50 non-resident

### Learn to Spin Wool - Make Your Own Yarn!

Try making your own yarn at this Learn to Spin class. It's portable, fun, & affordable. Bring your own spindle or purchase at Longmont Yarn Shoppe. Roving provided. No previous experience required.

12 & up: Sept 19, Sat, 12-2pm 447410.09  
 Oct 17, Sat, 12-2pm 447410.10  
 Nov 21, Sat, 12-2pm 447410.11  
 Fee: \$25 resident/\$31.25 non-resident

### Getting to Know Your Digital Camera

Topics covered include automatic vs icon settings, white balance, file formats, ISO settings and reducing red eye. Course is 2 days – the first in the classroom and the second taking pictures. Required equipment: Digital Camera and camera manual.

14 & up: Wed, 7-9pm & Sat, 10-11:30am  
 Dates: Sept 16 & 19 447100.A  
 Oct 14 & 17 447100.B  
 Nov 11 & 14 447100.C  
 Dec 2 & 5 447100.D

Instructor: John Lovell

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

### Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second taking pictures. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: 35mm or digital camera with ability to change aperture and shutter speed. It is strongly recommended that you take Getting to Know Your Digital Camera before taking this course.

14 & up: Wed, 7-9pm & Sat, 10-11:30am  
 Dates: Sept 30 & Oct 3 447101.A  
 Oct 21 & 24 447101.B  
 Dec 9 & 12 447101.C

Instructor: John Lovell

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident



## Metal Smithing Classes

### Simple Silversmithing

Make your own sterling silver pendant! Truly a unique experience taught by an instructor with over 40 years experience teaching Silversmithing. Design your own pendant with your choice of colored stone. Don will help you design your pendant, then solder it together for you. All materials included in course fee, 20 inch Sterling Silver chain provided.

16 & up:	Sept 2, Wed, 6-8pm	447340.1
	Oct 21, Wed, 6-8pm	447340.2
	Nov 18, Wed, 6-8pm	447340.3

Instructor: Don Norris

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$50 resident/\$62.50 non-resident

### Simple Rock Wrapping

Learn to make simple pendants and necklaces using wire, stones and copyrighted Rock Wraps. Make two Sterling Silver wrapped pendants and some copper pieces of their choice. Learn about the properties of silver and copper and the stones used. All materials included in course fee, including 20 inch Sterling Silver chain.

16 & up:	Sept 9, Wed, 6-8pm	447341.1
	Dec 16, Wed, 6-8pm	447341.2

Instructor: Don Norris

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$40 resident/\$50 non-resident

### Pewter Casting

Cast a pewter hummingbird and flower in this unique, educational class! Learn about metals, what alloys are and all about pewter, Sterling Silver and gold. Display your bird as a hanging ornament or paired with the flower in a beautiful sculpture. Instructor will share his extensive experience in casting and metalsmithing, teaching about the history of pewter casting, mining tradition and how he sculpts the molds used for casting.

16 & up:	Sept 23, Wed, 6-8pm	447342.1
	Nov 11, Wed, 6-8pm	447342.2

Instructor: Don Norris

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$45 resident/\$56.25 non-resident

### Pine Needle Casting

Cast your own sterling silver pendant! Melt Sterling Silver, pour it into a bundle of pine needles, then look closely to find your unique pendant. No two pendants are ever alike. Polish your pendant, then wear it home on the provided 20 inch sterling silver chain. All materials included in course fee.

16 & up:	Dec 2, Wed, 6-8pm	447343.1
	Dec 9, Wed, 6-8pm	447343.2

Instructor: Don Norris

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$49 resident/\$61.25 non-resident

## Investment, Legal & Financial Education

### Will Maker Legal Seminar

In a single easy session, complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation). Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Fee is per person. Couples must have individual wills.

18 & up:	Aug 29, Sat, 10am-1pm	347125.8A
	Sept 23, Wed, 6-9pm	447120.A
	Oct 3, Sat, 10am-1pm	447120.B
	Nov 17, Tue, 6-9pm	447120.C
	Dec 15, Tue, 6-9pm	447120.D

Instructor: Rebecca Bennetti

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$125 resident/\$156.25 non-resident

## Financial Planning Workshops

Instructor: Rebecca Glover, Edward Jones

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$10 resident/\$12.50 non-resident

### Five Money Questions for Women

An educational program that shares perspective on a process women can use to identify financial goals and set a strategy.

18 & up:	Oct 29, Thurs, 5-6pm	447128.A
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### Ready or Not? Preparing for the Unexpected

This educational program shares tips on how to develop a proactive financial strategy for protection and preparing for the unexpected.

18 & up:	Nov 5, Thurs, 5-6pm	447128.B
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### Retirement by Design

Whether you are 10 or 40 years from retirement, you will learn investment strategies to help design the retirement you want, and how to keep your strategy on track.

18 & up:	Nov 12, Thurs, 5-6pm	447128.C
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## Business & Career Development

### Social Media Marketing for Artists & Small Business

Understanding social platforms like Facebook, Twitter and others is vital to developing your small business. Even more importantly, developing online relationships using content rather than old fashioned sales tactics is key to success. This class teaches you how to do both.

18 & up:	Sat, Aug 29 & Sept 5, 12-2pm	447550.09
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Instructor: Julie Kazimer

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$45 resident/\$56.25 non-resident

### Not Your Mama's Newsletter

Expand your mailing list beyond the typical, boring newsletter. Discuss the best ways to grow your mailing lists as well as best practices when it comes to sending out mass mailings. Explore the type of mailings work best for you and for your readers.

18 & up:	Sat, Sept 19 & 26, 12-2pm	447551.09
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Instructor: Julie Kazimer

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$45 resident/\$56.25 non-resident

## A Better Way Realty

Jim Flint, CRS, has 30 years real estate experience in five states. He's an investment property specialist, and has conducted hundreds of investment transactions.

Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$25 resident/\$31.25 non-resident  
+\$20 workbook fee payable to instructor

### Alternatives to Traditional Real Estate Investing

There's a world of real estate investing options out there; commercial property, assisted living homes, partnerships, and more! Learn how to create a business plan for your investment, including financing options, management, and the formulas you need to measure your ROI.

18 & up: Sept 22, Tue, 5:45-9pm 447127.09  
Nov 17, Tue, 5:45-9pm 447127.11

### Managing Your Rental Properties

Learn how to screen your prospective tenants and keep the bad ones out. Be aware of "dos and don'ts" when dealing with tenants. If you must evict, how? Review the Fair Housing Laws. Included is a copy of a lease used in over 800 housing units.

18 & up: Sept 24, Thu, 5:45-9pm 447126.09  
Nov 19, Thu, 5:45-9pm 447126.11

## Parenting

### Pediatric Sleep

Do you need some help with your child's sleep? Perhaps your kiddo wakes multiple times a night, refuses naps, fights bedtime or just won't sleep in general. Get started on how to instill great sleep habits for your family.

Parents: Sept 14, Mon, 6-7pm 447701.A  
Instructor: Sara Smith, Pediatric Sleep Specialist  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$5 resident/\$6.25 non-resident

### Pediatric Sleep Workshop

Being a sleep deprived parent does not have to be your norm! Over 4 weeks, learn the science of sleep, benchmarks and actions you can take to provide your child with the best possible sleep habits. This class provides science-based resources, valuable information and ideas on how to navigate the murky waters of life and sleep with a baby, toddler or preschooler.

Parents: Oct 5-26, Mon, 6-7pm 447701.B  
Instructor: Sara Smith, Pediatric Sleep Specialist  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$48 resident/\$60 non-resident

### Better Grades with Guided Imagery

Develop focus, concentration and memory skills. Master difficult subjects. Eliminate test anxiety. Guided imagery, or hypnosis, works quickly to help you understand, absorb and retain information. Free MP3 included with class.

13 to 20 yrs: Sept 16, Wed, 6:30-8pm 447700.09  
Instructor: Karen Peterson  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$30 resident/\$37.50 non-resident

## Make Money With Photography In Your Spare Time

Keep your day job and earn extra cash on the side! Learn ways to make money with your photography from certified facilitator and published photographer and author, Eli Vega. This fun and engaging class teaches about who, where and how to market your photography; approaching companies that use photography; pricing, competition, copyrights and other legal considerations and much, much more!

18 & up: Oct 15-Nov 5, Thurs, 6-8pm 447104.10  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$80 resident/\$100 non-resident



## New! eBay University Classes by Kevin Boyd

Join multi-award winning eBay instructor and published author from Seattle, Kevin Boyd. Optional eBooks available for purchase after classes.

Location: St Vrain Memorial Building, 700 Longs Peak Ave

### eBay 1 – The Basics of Selling

Whether you simply want to clear the closet, desire additional part-time income or a serious eBay business, this class is your foundation. Learn how to set up an eBay Seller account, create successful eBay listings, upload pictures and accept credit card payments with PayPal. Included are selling "Tips, Tricks and the Traps" to avoid. Covers how to determine shipping costs, where to get FREE shipping supplies, how to print shipping labels from your home computer and get FREE home pickup.

18 & up: Oct 5, Mon, 6-9pm 447600.A  
Fee: \$49 resident/\$61.25 non-resident

### eBay 2 – Advanced Selling Strategies

Learn the "Insider Tips and Strategies" that will draw the most bids, maximize sales and beat your competition. Covers how to find a profitable niche, what to sell, what to avoid and how to use Drop Shippers to minimize inventory costs. Includes eBay research, marketing and photography tips, eBay Stores, plus how to find reputable suppliers.

18 & up: Oct 6, Tue, 6-9pm 447601.A  
Fee: \$49 resident/\$61.25 non-resident

**eBay Selling Series:** Take both eBay selling classes at a discount! Must register for both classes to receive discount.  
Fee: \$85 resident/\$106.25

### Create a Website for Fun, Profit & Business

No programming required! Discover easy-to-use, drag & drop design tools that can build your personal or business website in 60 minutes. Covers social media marketing, how to optimize your site for smart phones and the tips and traps of website design. Plus how to create money generating Affiliate websites.

18 & up: Oct 7, Wed, 5:30-9pm 447602.A  
Fee: \$59 resident/\$73.75 non-resident